

Springtime Cereal

Ingredients:

- ♣ 3/4 Cup Wheat and Barley Nugget Cereal
- ♣ 1/4 Cup 100% Bran Cereal
- ♣ 2 tsp. Toasted Sunflower Seeds
- ♣ 2 tsp. Toasted Sliced Almonds
- ♣ 1 Tbs. Raisins
- ♣ 1/2 Cup Sliced Bananas
- ♣ 1 Cup Sliced Strawberries
- ♣ 1 Cup Low-Fat Raspberry or Strawberry Yogurt

Preparation Time: > 30 minutes

Directions:

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and halve the strawberries. Gently stir in the yogurt and divide between 2 bowls. Scatter the remaining strawberries over the top and enjoy!

Serves: 2 people

Nutrition:

Per serving with low-fat yogurt:

352 calories

6 grams fat

1 grams saturated fat

cholesterol

272 milligrams sodium

8 grams fiber

Per serving with light yogurt (sugar substitute):

268 calories

5 grams fat

0 grams saturated fat

cholesterol

263 milligrams sodium

9 grams fiber

This recipe provides **1.0** fruit and vegetable servings per person.